ORDERING REPLACEMENT PARTS

If you encounter any difficulties or problems with this product, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
West Yorkshire
Leeds LS7 2AA

Tel: Country Code: 0345-089009
Fax: 0113-2411120

To help us assist you, please be prepared to give the following information:

- The NAME OF THE PRODUCT (HEALTH CYCLE by HealthRider®)
- The MODEL NUMBER OF THE PRODUCT (PFEX71060)
- The PART NUMBER OF THE PART (see page 14 of this manual)
- The DESCRIPTION OF THE PART (see page 14 of this manual).

If possible, place the HEALTH CYCLE near your telephone for easy reference when calling.

HealthRider® is a registered trademark of HealthRider Corporation, a Subsidiary of
ICON Health & Fitness, Inc.

Part No. 141604 R0997A

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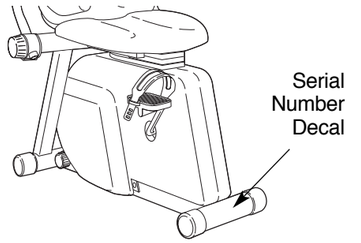
HEALTH CYCLE

by HEALTHRIDER

Model No. PFEX71060
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
West Yorkshire
Leeds LS7 2AA

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL

HEALTH CYCLE

by HEALTHRIDER

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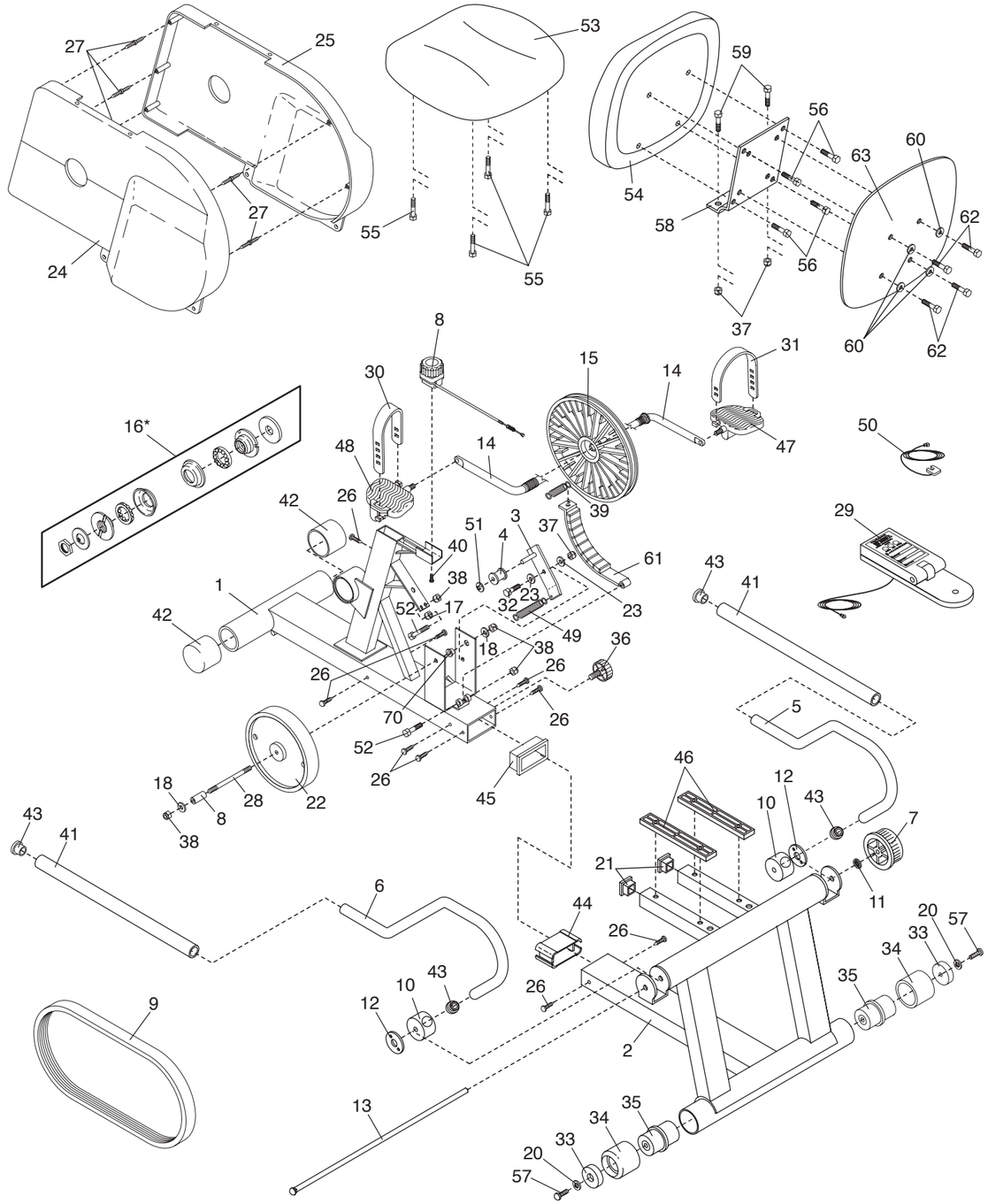
ORDERING REPLACEMENT PARTS . . . . . .Back Cover

EXPLODED DRAWING—Model No. PFEX71060

R0997A



PART LIST—Model No. PFEX71060

R0997A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	34	2	Wheel
2	1	Seat Frame	35	2	Wheel Bushing
3	1	Idler Bracket	36	1	Lock Knob
4	1	Idler Wheel	37	3	3/8” Nylon Locknut
5	1	Right Handlebar	38	4	M8 Nylon Locknut
6	1	Left Handlebar	39	1	Extension Spring
7	1	Resistance Knob	40	1	M5 Screw
8	1	Resistance Dial Assembly	41	2	Grip
9	1	Belt	42	2	Stabiliser Endcap
10	2	Handlebar Housing	43	4	Handlebar Endcap
11	1	Star Washer	44	1	Seat Frame Bushing
12	2	Friction Pad	45	1	Frame Bushing
13	1	Long Carriage Bolt	46	2	Seat Spacer
14	1	Crank	47	1	Right Pedal w/Strap
15	1	Pulley	48	1	Left Pedal w/Strap
16*	1	Crank Bearing Assembly	49	1	Idler Spring
17	1	M8 Nut	50	1	Reed Switch Wire
18	2	Washer	51	1	Push Nut
19	1	Axle Bushing	52	2	M8 x 60mm Bolt
20	2	Star Washer	53	1	Seat
21	2	Seat Frame Endcap	54	1	Backrest
22	1	Flywheel	55	4	Seat Screw
23	2	M10 Flat Washer	56	4	1/4” x 5/8” Screw
24	1	Left Side Shield	57	2	Wheel Screw
25	1	Right Side Shield	58	1	Seat Bracket
26	9	M4 x 8mm Screw	59	2	Seat Bracket Bolt
27	5	Tree Fastener	60	4	1/4” Flat Washer
28	1	Flywheel Axle	61	1	Magnet Bracket
29	1	Console	62	4	1/4” x 9/16” Screw
30	1	Left Pedal Strap	63	1	Backrest Cover
31	1	Right Pedal Strap	64	1	Flywheel Spacer
32	1	Idler Pivot Bolt	#	1	Tool Set
33	2	Wheel Hub	#	1	User’s Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

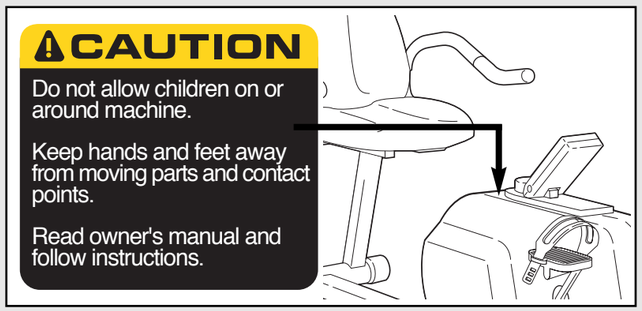
IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the HEALTH CYCLE.

1. **Read all instructions in this manual before using the HEALTH CYCLE.**
2. **It is the responsibility of the owner to ensure that all users of the HEALTH CYCLE are adequately informed of all precautions.**
3. **Use the HEALTH CYCLE indoors, on a level surface. Keep the HEALTH CYCLE away from moisture and dust. Place a mat under the HEALTH CYCLE to protect the floor or carpet.**
4. **Inspect and tighten all parts regularly. Replace any worn parts immediately.**
5. **Keep children under age 12 and pets away from the HEALTH CYCLE at all times.**
6. **The HEALTH CYCLE should not be used by persons weighing more than 250 pounds.**
7. **Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the HEALTH CYCLE.**
8. **Always wear athletic shoes when using the HEALTH CYCLE.**
9. **Always keep your back straight when using the HEALTH CYCLE. Do not arch your back.**
10. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
11. **Use the HEALTH CYCLE only as described in this manual.**
12. **The HEALTH CYCLE is intended for in-home use only. Do not use the HEALTH CYCLE in a commercial, rental, or institutional setting.**

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

The decal shown at the right has been placed on the HEALTH CYCLE. If the decal is missing, or if it is not legible, please call our please call our Customer Service Department at 0345-089009 to order a free replacement decal. Apply the decal in the location shown.

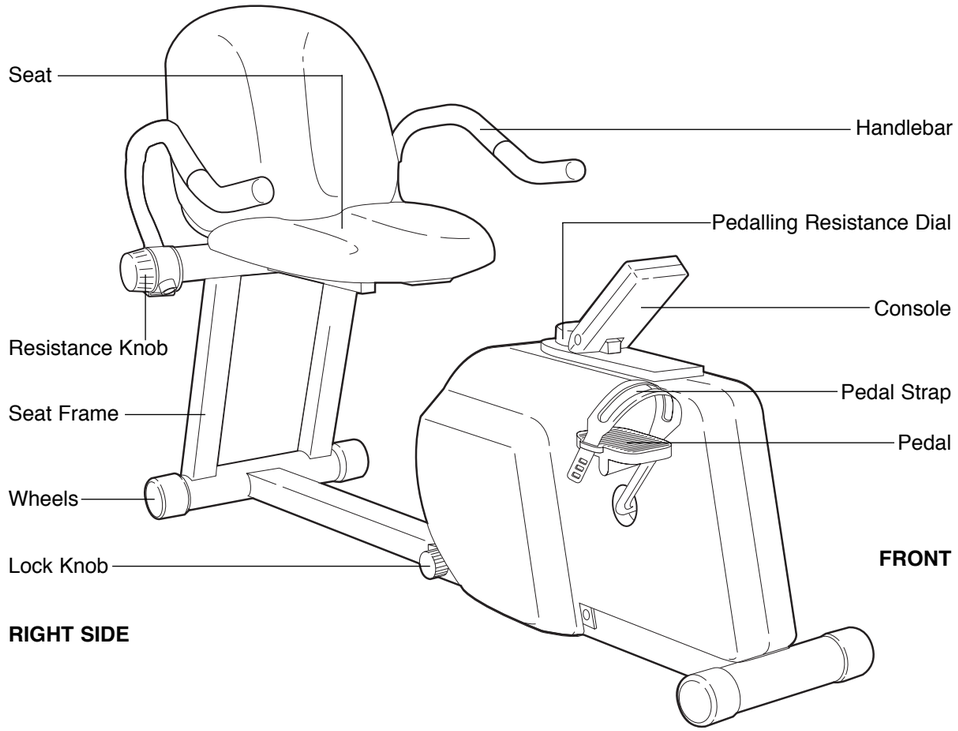

CAUTION
Do not allow children on or around machine.
Keep hands and feet away from moving parts and contact points.
Read owner's manual and follow instructions.

BEFORE YOU BEGIN

Thank you for selecting the innovative HEALTH CYCLE by HealthRider®. The HEALTH CYCLE offers a unique form of low-impact exercise that works both the upper body and the lower body for greater cardiovascular benefits and increased muscle toning. The HEALTH CYCLE features adjustable resistance to let you tailor your exercise to the level that's perfect for you. And when you're not exercising, the HEALTH CYCLE can be folded for compact storage.

For your benefit, read this manual carefully before you use the HEALTH CYCLE. If you have additional questions, please call our Customer Service Department at **0345-089009.** To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PFEX71060. The serial number can be found on a decal attached to the HEALTH CYCLE (see the front cover of this manual for the location of the decal).

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labelled.



NOTES

MAINTENANCE AND STORAGE

Inspect and tighten all parts of the HEALTH CYCLE by HealthRider® regularly. The HEALTH CYCLE can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

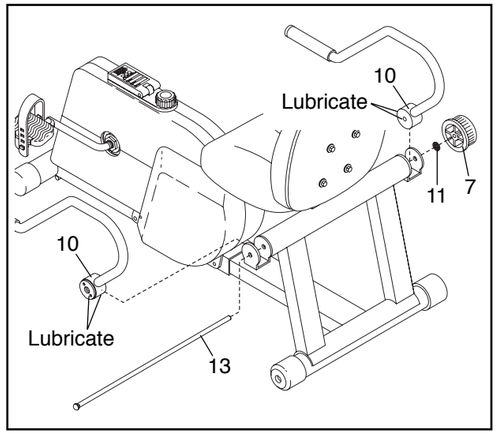
BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 6 on page 6.

HANDLEBAR LUBRICATION

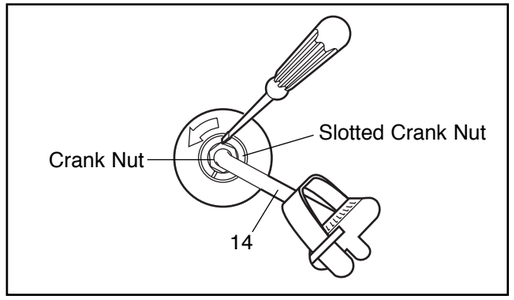
If a squeak is heard when the handlebars are moved, a small amount of grease should be applied.

Turn the Resistance Knob (7) counterclockwise until you can remove it. Remove the Star Washer (11). Using pliers, grip the head of the Long Carriage Bolt (13) and remove it. Apply a thin film of grease to both sides of the Handlebar Housings (10). Reattach all parts, making sure that they are in the positions shown.



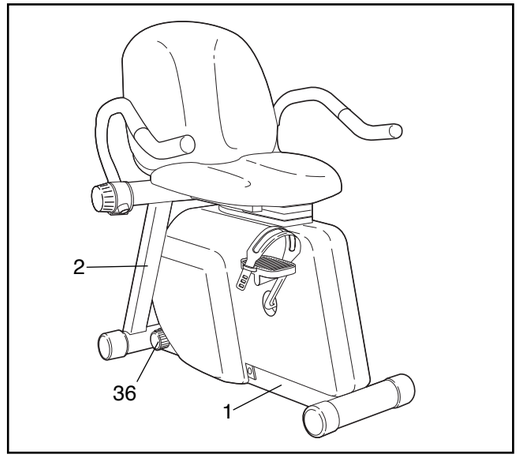
CRANK ADJUSTMENT

If the arms of the Crank (14) become loose, they should be tightened in order to prevent excessive wear. Loosen the crank nut on the left arm of the Crank. Place the end of a standard screwdriver in one of the slots in the slotted crank nut. Lightly tap the screwdriver with a hammer to turn the slotted crank nut counterclockwise until the arms are no longer loose. **Do not overtighten the slotted crank nut.** When the slotted crank nut is properly tightened, tighten the crank nut.



HOW TO STORE THE HEALTH CYCLE

When the HEALTH CYCLE is not in use, it can be folded for compact storage. Refer to the drawing below. Loosen the Lock Knob (36) on the right side of the frame. Slide the Handlebar Frame (2) into the Frame (1) as far as it will go. Tighten the Lock Knob. Store the HEALTH CYCLE indoors, away from moisture and dust.



ASSEMBLY

Place all parts of the HEALTH CYCLE by HealthRider® in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

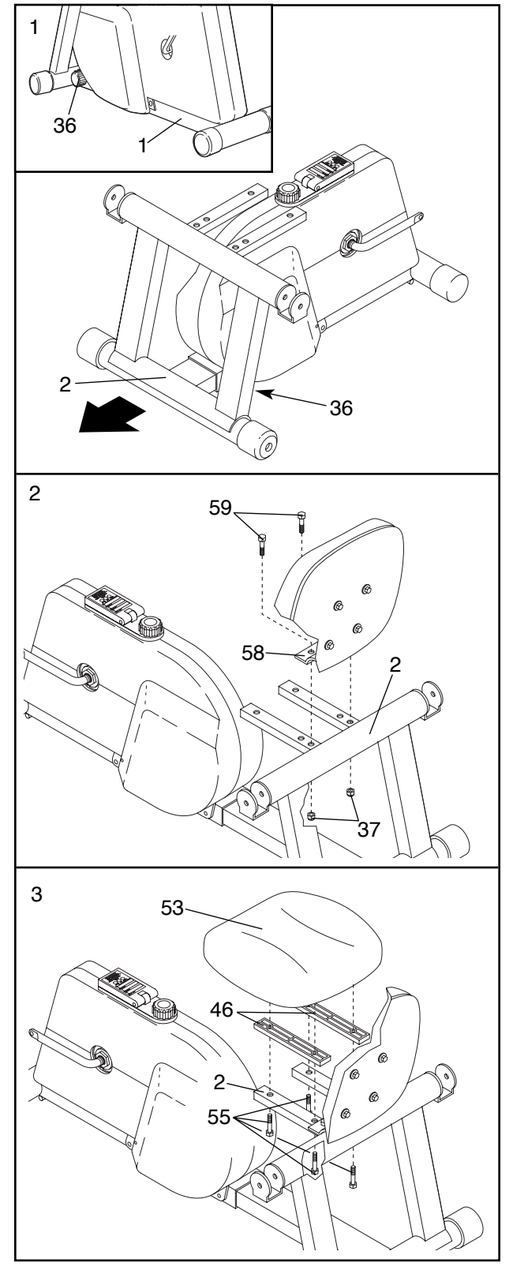
Assembly requires the included tools and your own adjustable spanner .

1. Refer to the inset drawing. Loosen the Lock Knob (36) on the right side of the Frame (1).

   Slide the Seat Frame (2) out until it stops. Retighten the Lock Knob (36).

2. Attach the Seat Bracket (58) to the Seat Frame (2) with the two Seat Bracket Bolts (59) and 3/8” Nylon Locknuts (37).

3. Set the two Seat Spacers (46) on the Seat Frame (2). Attach the Seat (53) and the Seat Spacers to the Seat Frame with the four Seat Screws (55).



4. Identify the Left Pedal (48) (there is an “L” on the Left Pedal for identification). Using an adjustable wrench, tighten the Left Pedal counterclockwise into the left arm of the Crank (14). Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank.

   Adjust the Pedal Strap (30) on the Left Pedal (48) to the desired position. Press the Pedal Strap onto the adjustment tab on the Left Pedal. Adjust the Pedal Strap on the Right Pedal (not shown) in the same manner.

5. Remove the four stickers from the brackets on the left and right sides of the Seat Frame (2).

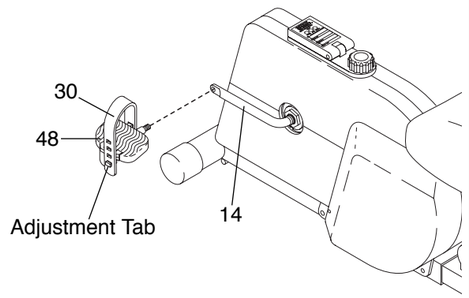
   Hold the Left Handlebar (6) inside the left bracket. Insert the Long Carriage Bolt (13) through the bracket and the Left Handlebar. Hold the Right Handlebar (5) inside the right bracket. Insert the Long Carriage Bolt through the bracket and the Right Handlebar. **Make sure that the Handlebars are on the correct sides—the ends should bend outward slightly.** Slide the Star Washer (11) onto the Long Carriage Bolt and tighten the Resistance Knob (7) onto the Long Carriage Bolt. **Make sure that the head of the Long Carriage Bolt is resting in the square hole in the left bracket.**

   Note: To attach the Resistance Knob (7) on the left side, reverse the positions of the Long Carriage Bolt (13), Star Washer (11), and Resistance Knob.

6. If there is a rubber band around the Console (29), remove it.

   The Console (29) requires two “AA” batteries (not included)—alkaline batteries are recommended. Open the battery cover on the back of the Console. Press two batteries into the battery clip. **Make sure that the negative (–) ends of the batteries are touching the springs.** Place the battery clip in the Console and close the battery cover.

4



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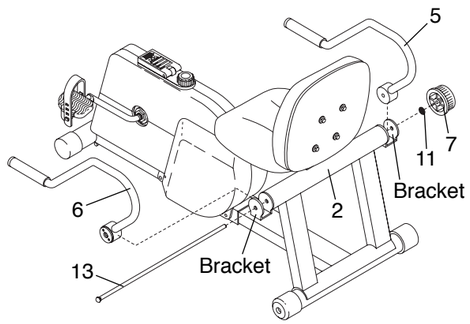

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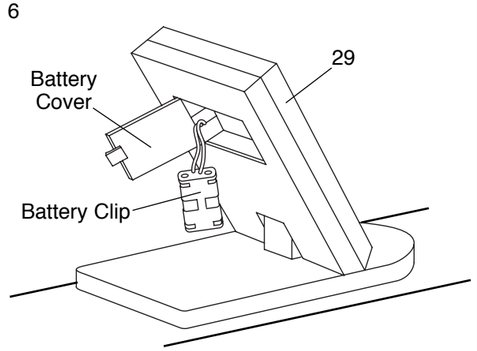


Make sure that all parts are properly tightened before you use the HEALTH CYCLE by HealthRider®.

Training zone exercise, consisting of 20 to 30 minutes of exercise with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching helps to prevent problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should leave you feeling relaxed and comfortably tired.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

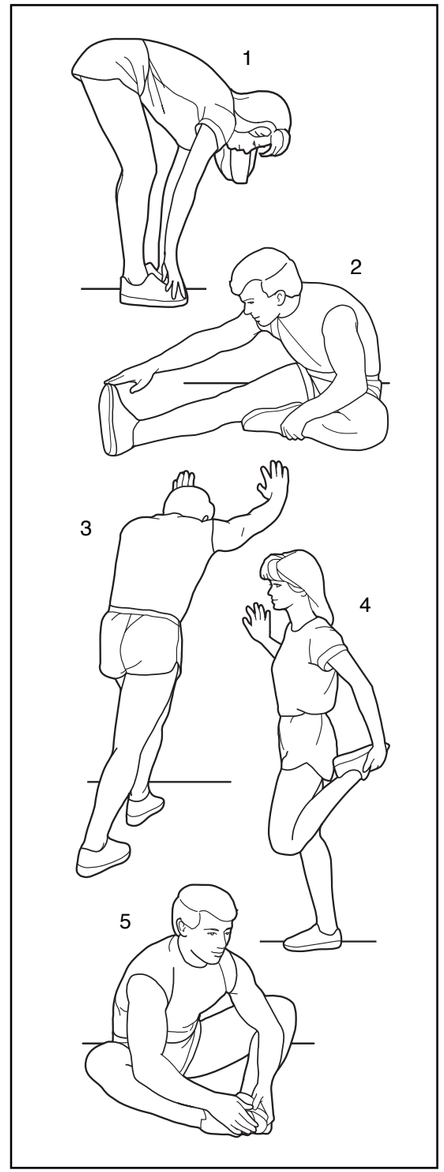
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

The following general guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

20	30	40	50	60	70	80	AGE
165							
145	155						
125	138	145					
	120	130	140				
		115	125	130			
			110	118	125		
				105	110	115	AEROBIC
					95	105	MAX. FAT
						90	FAT BURN

b.p.m.

To find the proper heart rate for you, first find your age near the top of the chart (ages are rounded off to the nearest ten years). Next, look below your age and find the three numbers in boxes. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

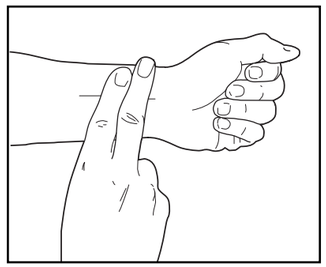
For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



Adjust the intensity of your exercise until your heart rate is at the desired level. You can adjust the intensity of your exercise by changing your Pedalling pace, adjusting the Pedalling resistance, or moving the handlebars as you pedal.

WORKOUT GUIDELINES

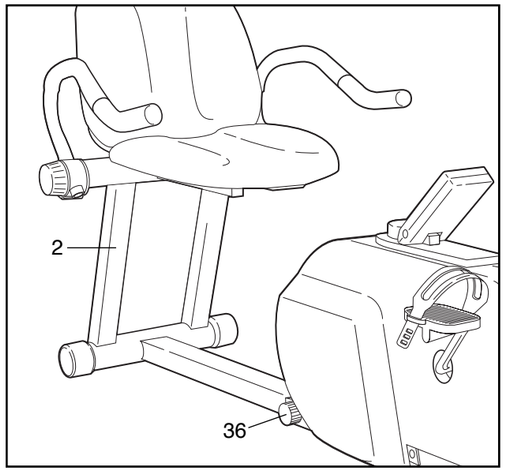
Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for strenuous exercise. (See SUGGESTED STRETCHES on page 11.)

HOW TO USE THE HEALTH CYCLE

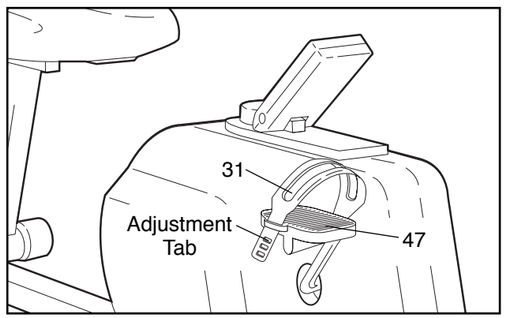
HOW TO ADJUST THE POSITION OF THE SEAT FRAME

The Seat Frame (2) can be adjusted to the position that is the most comfortable for you. To adjust the Seat Frame, first loosen the Lock Knob (36) on the right side of the frame. Slide the Seat Frame forward or backward to the desired position. Retighten the Lock Knob.

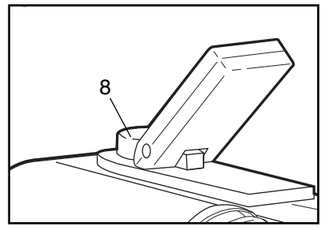


HOW TO ADJUST THE PEDAL STRAPS

To adjust each Pedal Strap (31), first pull the end of the Pedal Strap off the adjustment tab on the Pedal (47). Align a different hole in the Pedal Strap with the adjustment tab. Press the Pedal Strap onto the adjustment tab.



HOW TO ADJUST THE PEDALLING RESISTANCE



The Pedalling resistance can be adjusted with the Resistance Dial (8) located in front of the console. To increase the resistance, turn the Resistance Dial clockwise; to decrease the resistance, turn the Resistance Dial counterclockwise.

HOW TO USE THE HANDLEBARS

For lower-body exercise only, hold the Handlebars (5, 6) in a stationary position as you pedal.

For a full-body workout, move the Handlebars (5, 6) up and down as you pedal. Be sure to keep your back straight and your knees bent slightly. To vary the intensity of your upper body exercise, the resistance of the Handlebars can be adjusted. The resistance is controlled with the Resistance Knob (7). To increase the resistance, turn the Resistance Knob clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.

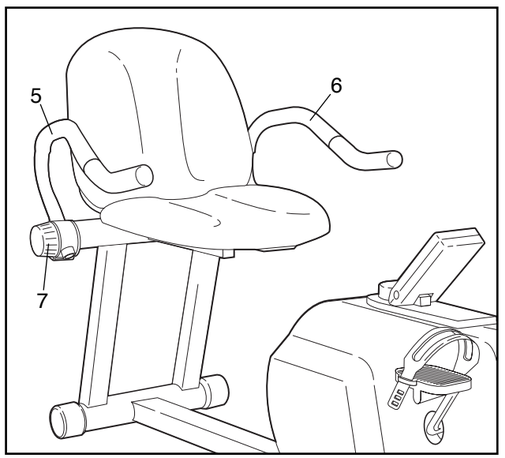
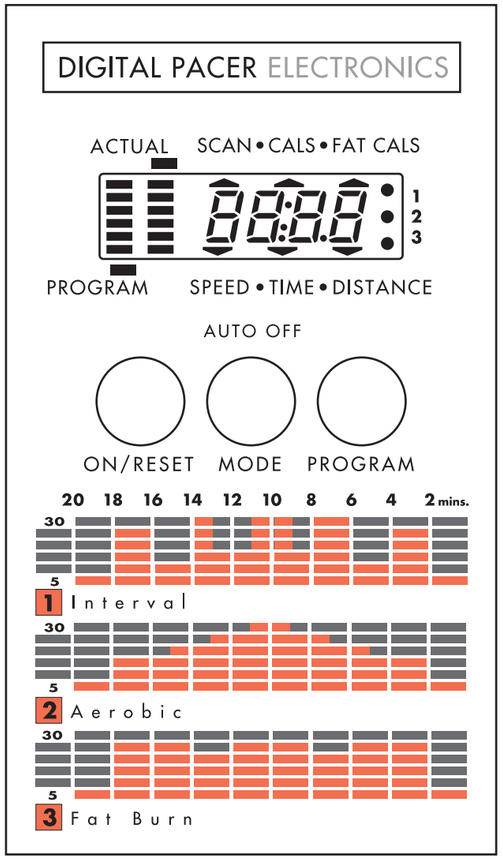


DIAGRAM OF THE CONSOLE



DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you achieve specific exercise goals by pacing your exercise. The programs include a stamina-building Interval program, an Aerobic program, and a special Fat Burn program. Whether you select the manual mode or one of the three pacer programs, the console's six monitor modes will provide continuous exercise feedback during your workouts.

DESCRIPTION OF THE MONITOR MODES

- Speed—This mode shows your Pedalling pace, in miles per hour.

- Time—If you select the manual mode, this mode will count up the length of time you have exercised. If you select one of the three pacer programs, this mode will count down the time remaining in the program. Note: If you stop exercising, the time mode will pause after a few seconds.

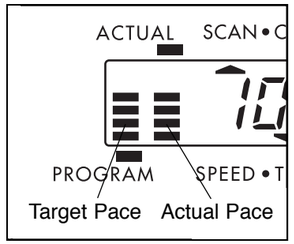
- Distance—This mode shows the total distance you have pedalled, up to 99.99 miles. The display will then reset to zero and continue counting.

- Fat calories (FAT CALS)—This mode shows the approximate number of fat calories you have burned. (See FAT BURNING on page 10 for an explanation of fat calories.)

- Calories (CALS)—This mode shows the approximate number of calories you have burned. (This number includes both fat calories and carbohydrate calories. See FAT BURNING on page 10.)

- Scan—This mode displays the calories, fat calories, speed, time, and distance modes, for 5 seconds each, in a repeating cycle.

HOW THE PACER PROGRAMS OPERATE



When you use a pacer program, two columns of bars will appear in the display. The left column will show a target pace; the right column will show your actual Pedalling pace.

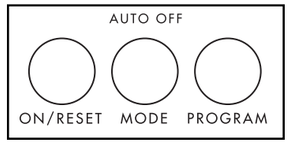
The target pace will change periodically during the program; as the target pace changes, simply adjust your Pedalling pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**

The graphs at the bottom of the console show how the target pace will change during the programs. Look at the graphs for a moment (see the drawing at the left). Each graph is divided into ten columns, with six bars in each column. The columns represent two-minute time periods, and the red bars show what the target pace will be. In the first column of the Interval graph, for example, there is one red bar. This shows that during the first two minutes of the Interval program, the target pace will be about 5 miles per hour (see the scale at the left end of the graph). In the second column there are five red bars. This shows that during the second two-minute time period, the target pace will be about 25 miles per hour. Note: Because there are ten two-minute periods, each program will last for twenty minutes.

STEP-BY-STEP CONSOLE OPERATION

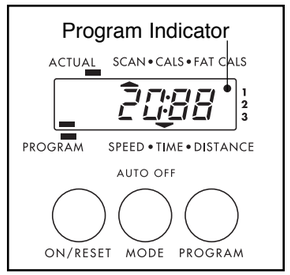
Before the console can be operated, two "AA" batteries must be installed. (See assembly step 6 on page 6 for installation instructions.) Follow the steps below to operate the console.

1 Turn on the power



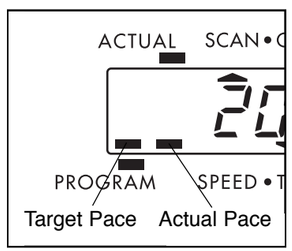
To turn on the power, press the on/reset button or simply begin Pedalling. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for use. Note: If batteries were just installed, the power will already be on.

2 Select one of the three pacer programs or the manual mode



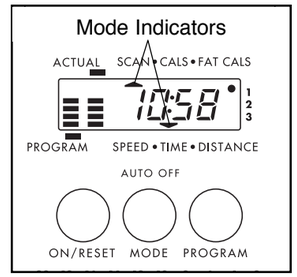
To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected. To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1 (Interval), program 2 (Aerobic), program 3 (Fat Burn), manual mode.

3 Begin your workout



If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, showing that the target pace is about 5 miles per hour. The right column will show your actual pace. Adjust your Pedalling pace until only one bar appears in the right column. As the program progresses, the target pace will change periodically; as the target pace changes, adjust your Pedalling pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**

4 Follow your progress with the monitor modes



To select the scan mode, repeatedly press the mode button until a mode indicator appears under the word "scan." A flashing mode indicator will show which mode is currently displayed.

To select the speed, time, distance, fat calories, or calories mode for continuous display, repeatedly press the mode button until the desired mode indicator appears. (Make sure that the scan mode is not selected.)

If desired, the display can be reset by pressing the on/reset button.

5 Turn off the power

To turn off the power, simply wait for about four minutes. If the pedals are not turned and the console buttons are not pressed for four minutes, the power will turn off automatically.